



NEW JERSEY DEPARTMENT OF MILITARY AND VETERANS AFFAIRS
JOINT FORCE HEADQUARTERS
3650 SAYLORS POND ROAD
FORT DIX, NEW JERSEY 08640-5606

ARMY BULLETIN NO. 32

31 August 2005

TY-06 AGR ARMY PHYSICAL FITNESS TEST (APFT) AND WEIGH-IN SCHEDULE

1. References:

- a. AR 350-1, Army Training and Education
- b. AR 600-9, The Army Weight Control Program
- c. FM 21-20, Physical Fitness Training
- d. AR 40-501, Standards of Medical Fitness, Chapter 7

2. The AGR APFT and weigh-in will be conducted IAW the following schedule during TY-06:

17 October 2005 – Semi-Annual (ALL)
9 January 2006 – Make-up
1 April 2006 – Semi-Annual (JFHQ only)
Spring 2006 – Semi-Annual Dates TBP (MSCs)
17 July 2006 – Make-up

3. MSC's and RRC are responsible for conducting their own semi-annual APFT and weigh-in during the spring 2006 time frame. MSC's and RRC will submit their spring 2006 AGR APFT schedule to the CofS, NLT 30 Sep 05.

4. The 17 Oct 05, 9 Jan 06 and 17 Jul 06 APFT's will be administered by the JFHQ. Coordinating instructions are as follows:

a. The test will be administered at Building 3650 and APFT field/track located at 18th Street and Alabama, Fort Dix, NJ. All Personnel will report to Bldg 3650 for weigh-in, push-up and sit-up events. Alternate stationary bike event will also be administered at Bldg 3650. At the conclusion of the sit-up event all personnel required to take the 2-mile run and 2 ½ mile walk will report to the APFT Track at 18th St and Alabama.

b. All AGR soldiers must report for the 17 Oct 05 semi-annual APFT, to include personnel on profile for semi-annual weigh-in.

c. All excusals must be approved by the Chief of Staff. Request to be excused will be initiated by the individual in writing, through their chain of command, to the Chief of Staff.

d. Unit test schedule and times – See Enclosure 1.

e. J1-HRO provides administrative oversight, records and files APFT and weigh-in results on DA Form 705 and DA Form 5500/5501-R (as required) and tracks profile and flagging actions. Coordinates MFT and support personnel to conduct APFT's. Provides OIC for weigh-in.

f. J3 provides APFT OIC, oversees conduct of APFT's, schedules, procures, and clears APFT site for each event. Provide 15 clipboards, 3 stopwatches, 4 road vests, and 125 APFT vests for event. Provide one camcorder with film, tripod and charged battery to provide a film record of the finish line. Provide two stationary bicycles with ergometers, mats for push-up/sit-up events at Bldg 3650. Provide large digital finish line timing clock. 3 Buses will be provided to transport soldiers from Bldg 3650 to the APFT track.

g. HHD JFHQ provides water with cups at Bldg 3650 and the APFT track; three scales and tape measurers for height/weight verification in drill hall, Bldg 3650.

h. NJARNG Medical Det provides 4 medical personnel to support APFT and screen profiles at Bldg 3650.

i. 57th Trp Cmd provides 3 military bus drivers (Licensed) for shuttle between Bldg 3650 and PT Track.

j. JT2DC provides 5 soldiers for APFT administration, checking in testing personnel, passing out vests, performing road guard duties (during the Run/Walk/Bike phase) at the corners of 18th, 16th, Buffalo and Alabama Streets. All support personnel will report to Bldg 3650 at 0700 to APFT OIC.

k. A grade the grader APFT will be conducted prior to the semi-annual APFT's (dates TBA). All NJARNG trained APFT scorers and selected support personnel will attend this test. The test will be administered by the Drug Demand Reduction Team. Set-up will be accomplished by the J-3T and J-1/HRO offices. Scorer's and support personnel will be contacted through the chain of command.

5. Administrative Requirements for each MSC, RRC and J-Staff Section:

a. A roster of all AGR personnel to be tested (See format in enclosure 2) will be forwarded to this HQ ATTN: J1 - AGR Manager, NLT 15 days prior to scheduled APFT's.

b. Temporary and/or Permanent Profiles will accompany rosters. All profiles due for revalidation (over 5 years old) will be revalidated prior to the APFT. The office of the **J 1-HRO retains copies of profiles and the DA Form 705 for each AGR soldier.**

c. APFT IPR's will be scheduled for support OIC's, J-Staff and MSC's to back brief support plans to the J-3T (dates TBA).

6. IAW the Personnel Policy Guidance (PPG), APFT guidance for redeploying soldiers is as follows:

- a. Redeploying AGR soldiers have 90 days after REFRAD before they are required to take an APFT.
- b. Soldiers have the option to test within the 90 day timeframe for EPS points, school attendance, boards, promotions etc.

7. Uniform:

- a. The ONLY AUTHORIZED UNIFORM is as follows:

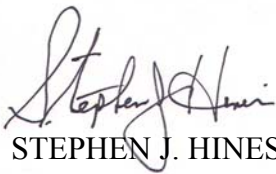
(1) The physical fitness uniform as prescribed by Chapter 13, AR 670-1. (NOTE: The New Physical Fitness Uniform [IPFU] is the only authorized uniform. No elements of the PFU (old) are authorized for wear with the IPFU).

(2) The only optional items for wear are the black wool cap, black issued gloves, or gray or black biking shorts, which may be worn under the IPFU shorts.

- b. Headphones are not authorized during the conduct of the test.

8. The director of this action is the undersigned at (609) 562-0958.

OFFICIAL:



STEPHEN J. HINES
COL, GS, NJARNG
Chief of Staff

GLENN K. RIETH
Major General, NJARNG
The Adjutant General

DISTRIBUTION: A, A2, B, C

2 Encls:

- 1. Schedule
- 2. Roster Format for AGR Soldiers

APFT SCHEDULE

MSC/UNITS

REPORT TIME

17 Oct 05:

JFHQ's
254th RTI, RTS-M, 63AB, Det 19 OSA
RRC

0730

All 50th Bde Units
All 57th Trp Cmd & DISCOM Units
JT2DC

1100

9 Jan 06:

All

0730

17 Jul 06:

All

0730

AGR APFT ROSTER
(Unit/Staff Section)

<u>RANK</u>	<u>NAME</u>	<u>UNIT</u>	<u>APFT Events</u>			<u>Alternate Aerobic Event & Profile Info</u>
			<u>PU</u>	<u>SU</u>	<u>Run</u>	
SGT	DOE, JOHN	CO C 2/113	X	X	X	
CPT	DOE, JAMES	CO C 250 SIG	X	X		Bike (Track)-Age 56
SFC	SMITH, ALLEN	2-102 AR		X	X	Perm Profile (12 Jan 1999)
2LT	JONES, WILLIAM	HHC 5-117 CAV				Temp Profile (Exp 20 Oct 02)
SSG	KIDDEN, U. GOTTA BE	3-112 FA	X	X		Bike (Stationary)-Perm Profile (17 May 01)
MAJ	MAJOR, MAJOR	1-114 IN		X		Walk-Perm Profile (27 Oct 00)
SSG	O'DOLLY, HILL	CO C 2/113	X	X	X	

X – Indicates soldier takes the APFT event

Blank entry – Needs listing of type and date of valid military profile. Civilian “profiles” are not acceptable. All Permanent Profiles must be current (not older than 5 years old or last physical date)